

TASTE

FOOD & WINE
DINING OUT
HEALTHY LIVING



Recycled candy canes perfect for rimming martini glasses. **Page 5H**

TOP 10 RECIPES FROM 2010'S TASTE SECTIONS **PAGE 3H**



JERRY LARA/glara@express-news.net

Clay Pot Fish

Pho Thien An, 126 W. Rector St., Suite 108, 210-348-8526

In any culture, braised dishes bring a sense of home and comfort, and this classic Vietnamese dish more than satisfies. A portion of fish is braised in fish sauce and spices. The clay pot works a little like a Dutch oven, resulting in a fish with a deep, rich and meaty flavor and texture.



HELEN L. MONTOYA/hmontoya@express-news.net

Coconut Cream Pie

The Filling Station, 701 S. St. Mary's St., 210-444-2200

If there's such a thing as the perfect coconut cream pie, this may be it. It consists of just basic ingredients, but they're all fresh and done perfectly. It has just the right amount of sweetness and creaminess, a wonderfully flaky crust to ground it and moist grated coconut on top. This is a pie that any baker — amateur or professional — would be proud to serve.

Best 2010 the best of dishes

Our 10 favorite menu items come in all prices

BY EDMUND TIJERINA
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In a time when consumers are holding their purse strings a little tighter, savvy diners are learning you don't have to spend a lot to enjoy great food.

Think of the Southtown newcomer, The Monterey, with its imaginative flavor combinations and great-tasting but value-priced wines. Or Auden's Kitchen, with its reasonably priced comfort food from noted chef Bruce Auden.

From the stylish interior Mexican antojitos at La Gloria to the new Middle Eastern star in town, Moroccan Bites, to the

wave of French bistros and brasseries — Olmos Park Bistro, Brasserie Pavil, Tost Café Francais and Bistro Bakery's dinner offerings — restaurant owners and chefs are keeping their prices affordable to provide value.

Even restaurants that offer an unabashedly upscale experience work to provide cuisine and service that are worth the prices.

To underscore how great flavors come in all price ranges, here are the Taste staff's 2010 top 10 reviewed dishes, in alphabetical order.



HELEN L. MONTOYA/hmontoya@express-news.net

Fried Pie — Apple

Loop 107 Burgers, 11505 Loop 107, Adkins, 210-649-2300

Anybody who says a fancy kitchen is necessary for cooking should come to the renovated double-wide trailer that is now Loop 107 Burgers. The fried pies, similar to turnovers or empanadas, are works of rustic beauty. One taste and you may find yourself coming to Southeast Bexar County a lot more often.



HELEN L. MONTOYA/hmontoya@express-news.net

Gyoza

Yummi Sushi, 24165 I-10 W. at the Leon Springs exit, 210-698-1650

Most of us know these dumplings of goodness as pot stickers, and the simplicity of this dish belies their difficulty. These come out exactly how they should: slightly crisp on the bottom, chewy on top and not greasy. They're a great way to start an evening at one of the best sushi places in town.

SEE MORE RESTAURANTS/PAGE 4H

FRONT BURNER

Las Canarias on Zagat's top 25

BY KAREN HARAM
Food Editor

USA Today wanted to know where travelers could get the best hotel meals; Zagat Survey answered.

The result is a USA Today listing of Zagat's pick of top hotel restaurants in 25 popular

tourist spots, which includes San Antonio's Las Canarias restaurant at Omni La Mansion del Rio, 112 College St.

The article says this of the restaurant, with an estimated cost of \$55 for dinner with tip and one drink: "Lovely New

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NEXT WEEK

Healthful dining

Restaurant dishes that are easy on the waistline

HEALTHY LIVING

Ways to stay on track in 2011

How will you keep it real in 2011?

Doing what it takes to reach a health goal starts and ends with you, but having that certain someone or something that compels you to stay true and on track can be a big boon to your success. Wherever you're going in 2011, have a specific plan, and make sure it includes ways to stay accountable. For instance, you might consider:

A DATE: It's simple yet effective — knowing a friend is meeting you at the track at 6 a.m. will



CLAUDIA ZAPATA

get you out of bed. Be sure to choose your workout partner wisely — you want someone who's punctual (because there's nothing worse than still waiting at 6:15 a.m.) and reliable

(except maybe an emergency no-show).

HIGH-STAKES: Hoping to cut back on a soda habit or compete in your first 5K? Set a friendly wager with your spouse, sibling or co-workers, and back it up with a "commitment contract" at stickk.com. I love the idea behind this free site: commit to any goal, put money on the line, and decide who gets it if you fall short — a friend, foe, charity or even an

See **ZAPATA/8H**

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